

# My Experience

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Each of the religions of the world has its own culture, with many customs, traditions and refined qualities. The Hindu culture is a culture of love, respect, honouring others and humbleness.

Indian culture has been one of the oldest and richest civilizations in this world. For many centuries it has represented diversity with peace and harmony.

We said that India is the cradle of human race, the birth place of human speech, the mother of history, the grandmother of legend and great grand mother of tradition.

Being part of such a culture makes me proud to be an Indian

When I came to Scotland I brought lots of wealth with me such as Language, Religion, culture, Traditions, Belief Colours and Customs.

Culture gives us our identity and guideline to lead a healthy life style.

I am a practicing Hindu and believe in the concept of God as an all pervading spirit.. God, known to Hindus as Brahma, is found in all things- animate and inanimate. God has many forms and attributes. Hindus believe God has 3 main forms: The Brahma (creator) Vishnu (the sustainers) and Shiva (the destroyer).

These three aspects of God are what we believe sustains our reality or creation.

A central belief of Hinduism is the existence of a cosmic or natural order in the universe and therefore the need for us to live a balanced way of life, physically, socially, ethically and spiritually in accordance with this cosmic law. The most common precepts arising from this that I live by as a Hindu are that of karma- the cosmic law of cause and effect. As you sow, so shall you reap; treat others as you would have them treat you, and moksha: where the ultimate goal of life is for us to learn all our lessons, and to successively purify our souls, so we can liberate ourselves from the cycle of birth.

Life is seen as enduring and so if we are unable to complete all our lessons or leanings in one lifetime, under this cosmic law,

we are born again to continue our journey; whereby our soul will take on another body for the next lifetime.

Hindu Calendar has many festival and Diwali - Festival of Lights, is one of the most glamorous and popular festival in the Hindu calendar. On these dark nights, multi-coloured fireworks light up the horizon. It tells the ancient story of king Rama's coronation after 14 years of exile to his kingdom and is still as important to Hindus today, shown by the rows of lamps, which are lit every year. On King's return to his Kingdom, these lamps glittering on a dark night welcomed home King Rama and his Queen Sita.